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FREE MOVIE PREVIEW FOR DIABETES ALERT DAY

Hosted by the American Diabetes Association and the Frederick County Diabetes Coalition

FREDERICK, MD- As part of our efforts to help combat the obesity epidemic and raise awareness of diabetes, the American Diabetes Association and the Frederick County Diabetes Coalition will show clips of "Choices"- the second film in HBO's WEIGHT OF THE NATION series on **March 18th from 6-7:30pm at the FMH Wellness Center at the FSK Mall.**

This film looks at factors that affect obesity, why weight loss is so difficult, and how we can make small, simple choices with real, lasting impact on our health.

Following the movie clip, there will be a panel discussion and question and answer session with experts in the health field. Attendees will be given tips and materials for managing a healthy lifestyle.

The event is completely FREE and popcorn will be provided, as will door prizes and giveaways!

The mission of the American Diabetes Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. The Frederick County Diabetes Coalition works to prevent or delay the onset of diabetes and its complications through education and awareness.

For more information about THE WEIGHT OF THE NATION, visit <http://theweightofthenation.hbo.com>.

To RSVP for this event or for other questions, please contact Kayla Twain of the American Diabetes Association at ktwain@diabetes.org or (410) 265-0075 ext. 4678.

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